



Rockman Swimrun

Lysefjorden / 15.07.2017

Detailed evaluation

Gravy Seals

Total time: 13:21:06

Number: 344

Speed: 3.10 km/h

Running performance: 19:22 min/km

Course: 41.40 km

SwimRun

Rank in course: 61 (of 74)

Best time in course: 8:06:48

Category:

Rank in category: 38(of 47)

Men

Best time in the category: 8:26:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Preikestolhytta	-	1:55:13	-	45	1:38:19	69	1:38:19	-	1:55:13	-	45	1:38:19	69	1:38:19
Preikestolen	-	1:03:38	-	42	20:32	63	20:32	-	2:58:51	-	44	1:58:03	68	1:58:03
Bratteli	-	50:54	-	41	14:24	64	14:24	-	3:49:45	-	43	2:11:47	68	2:11:47
Bakken kai	-	2:42:00	-	35	1:00:18	60	1:03:05	-	6:31:45	-	40	3:12:05	67	3:12:05
Sognesand	-	54:56	-	39	25:01	64	25:01	-	7:26:41	-	41	3:36:54	68	3:36:54
Kåsaklubben	-	40:40	-	33	39:36	50	39:36	-	8:07:21	-	39	3:52:34	66	3:52:34
Flørli	-	1:07:10	-	32	19:05	54	22:48	-	9:14:31	-	39	4:11:36	65	4:12:28
Ternevatnet	-	52:08	-	33	21:33	56	37:57	-	10:06:39	-	39	4:33:09	64	4:33:09
Klubbatjørna	-	9:27	-	38	6:41	60	7:13	-	10:16:06	-	38	4:39:50	61	4:40:06
Flørli	-	1:07:15	-	29	24:25	50	25:38	-	11:23:21	-	38	4:58:36	61	5:05:44
Finish	-	1:57:45	-	25	36:58	37	36:58	41.40	13:21:06	-	39	4:54:28	62	5:14:18